

GULF DEFENDER



Vol. 64, No. 27

Tyndall Air Force Base, Fla. *Gulf Defender*

July 8, 2005

In brief

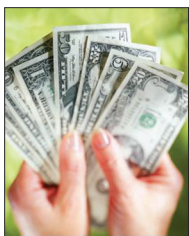
Change of command

Major Lester Weilacher, 325th Comptroller Squadron commander, will relinquish command to Major Donald Clocksin at a ceremony 10 a.m. Tuesday at the Officers' Club.

SNCO Induction Ceremony

Tyndall Top 3 invites Team Tyndall to its 8th Annual Senior NCO Induction Ceremony Dinner July 21. A social hour will begin at 6 p.m. and dinner at 6:30 p.m. The menu includes London broil and stuffed chicken breast. The cost is \$17 for club members and \$20 for non-club members. Those wishing to attend must RSVP to their first sergeant no later than Wednesday.

What's inside



Being smart with money while deployed
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Training pays off with student pilot's first flight
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Airman 1st Class Sarah McDowell

Picture this ...

Lisa Norman, base photographer, focuses in on a subject during a change of command ceremony recently. Base photographers cover a wide variety of events, from ceremonies to exercises. For more on base photography, see the story on Pages 8 and 9.

Senate confirms Moseley as next CSAF

SAN ANTONIO (AFPN) —

The Senate has confirmed Gen. T. Michael Moseley as the next Chief of Staff of the Air Force. He is the current Air Force vice chief of staff.

General Moseley met with members of the Senate Armed Services Committee June 29 during his confirmation hearing.

Following the approval of the committee, his nomination was forwarded to the full Senate which approved the nomination just before adjourning for the Fourth of July holiday.

During the hearing he said his priorities would be to further refine and improve joint



Gen. T. Michael Moseley

warfighting skills, continue to strengthen the Air Force's greatest asset — its people

— and to recapitalize the aging aircraft fleet to meet future warfighting needs.

General Moseley is a command pilot with more than 2,800 hours in the T-37 Tweet, T-38 Talon and F-15 Eagle.

He is a graduate of Texas A&M University where he earned both a bachelor's and a master's degree in political science.

Besides holding numerous operational assignments, he commanded U.S. Central Command Air Forces and served as Combined Forces Air

Component Command commander for operations Southern Watch, Enduring Freedom and Iraqi Freedom.



Staff Sgt. Benjamin Rojek

Under the hood

Kevin Iferd, Del-Jen vehicle maintenance technician, checks the oil and other fluids of a truck at the vehicle maintenance shop here. All of Tyndall's vehicles come through the shop for both scheduled and annual maintenance. How often the vehicle is brought into the shop depends on how the vehicle is utilized. However, proper care and maintenance for vehicles assigned to units here begins with those who use the vehicle.

Tyndall's weekend weather forecast

Today

Mostly cloudy with isolated p.m. showers and thunderstorms



High: 96 Low: 77

Saturday

Mostly cloudy with isolated p.m. showers and thunderstorms



High: 95 Low: 76

Sunday

Partly cloudy with showers, wind and isolated p.m. thunderstorms



(Hurricane Dennis)
High: 93 Low: 75

Courtesy of the 325th Operations Support Squadron weather flight

ON THE STREET

325th Air Control Squadron focus: What do you like best about your job?



"It's important to make sure students are trained with a combat focus."

MAJ. MATT MEDLOCK
Air Battle Manager instructor



"I like passing knowledge onto the next generation of ABMs."

CAPT. KEVIN CUARTAS
ABM instructor



"I think it's all about the people."

TECH. SGT. RAISEAN LASENBERRY
Weapons technician training NCO in charge



"I like applying what I learn everyday to teaching ABM students."

STAFF SGT. AMY HUBBARD
Weapons technician

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Maj. Susan A. Romano chief, 325th FW public affairs
1st Lt. Albert Bosco chief, internal information
2nd Lt. William Powell deputy chief, internal information
Staff Sgt. Benjamin Rojek editor

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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

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Chief’s Sight Picture: Airmen, spiritual strength and core values

GEN. JOHN P. JUMPER
Chief of Staff of the Air Force

Our lives changed when we took the oath to defend our nation and put on the uniform of an Airman.

But what was that change? Was it merely symbols – uniform, rank, and badges? No, it was a transformation from whoever we were before to someone vested in higher order values, a transformation into a part of something bigger than ourselves. We come from all walks of life, from every part of our nation. We are different people from diverse backgrounds and with our diversity we bring different sets of values. We have different hopes and aspirations, different goals and different beliefs. It is perhaps our nation’s greatest strength that, since its founding, we can stand shoulder to shoulder with people of different origins and beliefs for a single purpose – to serve.

As part of our service in the United States Air Force we are expected to embrace its Core Values: Integrity First, Ser-

“It is perhaps our nation’s greatest strength that, since its founding, we can stand shoulder to shoulder with people of different origins and beliefs for a single purpose – to serve.”

GEN. JOHN P. JUMPER
Chief of Staff of the Air Force



vice Before Self and Excellence In All We Do. These Values are a guide that binds us together, even as we fight for the right to be different in so many other ways. We use the word “Core” because we expect these values to be fundamental to our service, to guide our commitment to our country and our mission, and to serve as a test for the decisions we make in both our personal and professional lives. Our commitment to these Core Values means that they are more

than just words posted on a wall or recited by rote. They reside in the front row of our daily lives to help us wrestle with our toughest decisions and to guide us on our path of service as Airmen.

At our Air Force Academy, we have experienced issues with expressions of religious beliefs and with perceptions that one set of beliefs is favored over others. Remember Service Before Self. Religion is intensely personal and disagreements can detract from the teamwork neces-

sary for Air Force units. In particular, sharing personal beliefs in a professional setting, one where leaders are performing their duties in a chain of command or in a superior-subordinate relationship, can easily become improper influence about personal matters. Furthermore, it can be resented. A friend of mine recently expressed it this way: “The core task of every leader in the profession of arms is uniting his or her people into a strong team, with levels of trust and commitment so high the unit keeps working well even under extreme pressure. Everyone in a unit contributes to that task.” Anything that detracts from that teamwork ultimately detracts from the mission.

What does this mean about how leaders should approach spiritual strength? Spiritual strength is an integral part of leadership. Our greatest leaders are able to elevate the human spirit and inspire extraordinary performance. Spiritual

● SEE SPIRIT PAGE 12

Get your motor runnin’: Airmen need to find time to unwind

COL. BRIAN DICKERSON
325th Fighter Wing vice commander

There’s an old saying that goes, “You never see a motorcycle parked outside a psychiatrist’s office.”

Personally, I find that to be a very true statement. As a proud HOG (Harley Owners Group) driver, the times I spend riding my bike are some of the times when I feel the most relaxed, when I can clear my head of work-related issues or anything else that might have been causing stress in my life. When I need to ‘decompress’ from the daily grind, one of the ways I cope is by putting on my helmet, boots, and gloves and climbing on my Harley and heading for the open road.

Ever since I was a kid, I have loved all kinds of motorcycles ... from off road motor-cross bikes to my current Heritage

Softail Classic ... I have ridden lots of different sizes and shapes of bikes. A few months back I even had the once-in-a-lifetime opportunity to test out the Air Force Chopper, a bike custom designed and built by the world-famous Orange County Chopper team.

But regardless of what kind of bike I happen to be on, the freedom I get from riding is like few other feelings in the world.

So what gives you *your* ultimate feeling of freedom? What clears *your* mind when you’re feeling the stress of your personal or professional life? It’s critical for everyone to find something that gives them a respite from the pressures that can build up, and unfortunately sometimes, can lead some down the wrong path.

All too often I’m faced with difficult decisions when it comes to doling out discipline to a subordinate who was unable to find

an appropriate outlet for his or her stress. Sadly, I’ve seen careers lost because a parent physically hurt his or her child in a heated argument or an Airman made the poor choice dealing with his or her stress by drinking to excess. And probably the most tragic is when a person feels their stress is so unbearable that they commit suicide.

The Air Force goes to extraordinary lengths to make sure everyone has an outlet for their stress. Brigadier General Egginton and I feel strongly that one of the best ways to deal with stress is to have a Wingman. Having someone that you can talk to about the issues that may be building up in your life can be one of the first outlets for pressure. And we should all

● SEE RELAX PAGE 13

Action Line

Call 283-2255

BRIG. GEN. JACK EGGINTON
325th Fighter Wing commander

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers.

If you’re not satisfied with the response or

you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the 325th Fighter Wing Inspector General’s Office, 283-4646.

Calls concerning energy abuse should be referred to the energy hot line, 283-4715.

Below are more phone numbers that help you in resolving any issues with a base agency.

Commissary	283-4825
Pass and I.D.	283-4191
Medical and Dental	283-7515
MEO	283-2739

MPF	283-2276
SFS Desk Sgt.	283-2254
Services	283-2501
Legal	283-4681
Housing	283-2036
CDC	283-4747
Wing Safety	283-4231
Area Defense Counsel	283-2911
Finance	283-4117
Civil Engineer	283-4949
Civilian Personnel	283-3203
Base Information	283-1113

Thank you for helping me improve Tyndall and I look forward to hearing from you.

TSP ‘open season’ is history

RANDOLPH AIR FORCE BASE, Texas - The restrictions of having only two open seasons each year for civilian and military members to sign up for, stop, resume, or change their Thrift Savings Plan contributions has ended.

Public Law 108-469, goes into effect today, eliminating restrictions on contribution elections that have always been tied to TSP open seasons.

The elimination of open seasons affects civilian and military members who are eligible to contribute to TSP by giving individuals more flexibility in managing their TSP contribution amounts depending on their personal situations. Also, civilians can now make 26 or 27 TSP contribution elections per year (based on pay periods) and military personnel 24 per year. Additionally, contribution elections submitted on or after today, will be effective at the beginning of the pay period following the one in which the election is submitted.

“What hasn’t changed is the contribution limits set for 2005,” said Janet Thomas, of

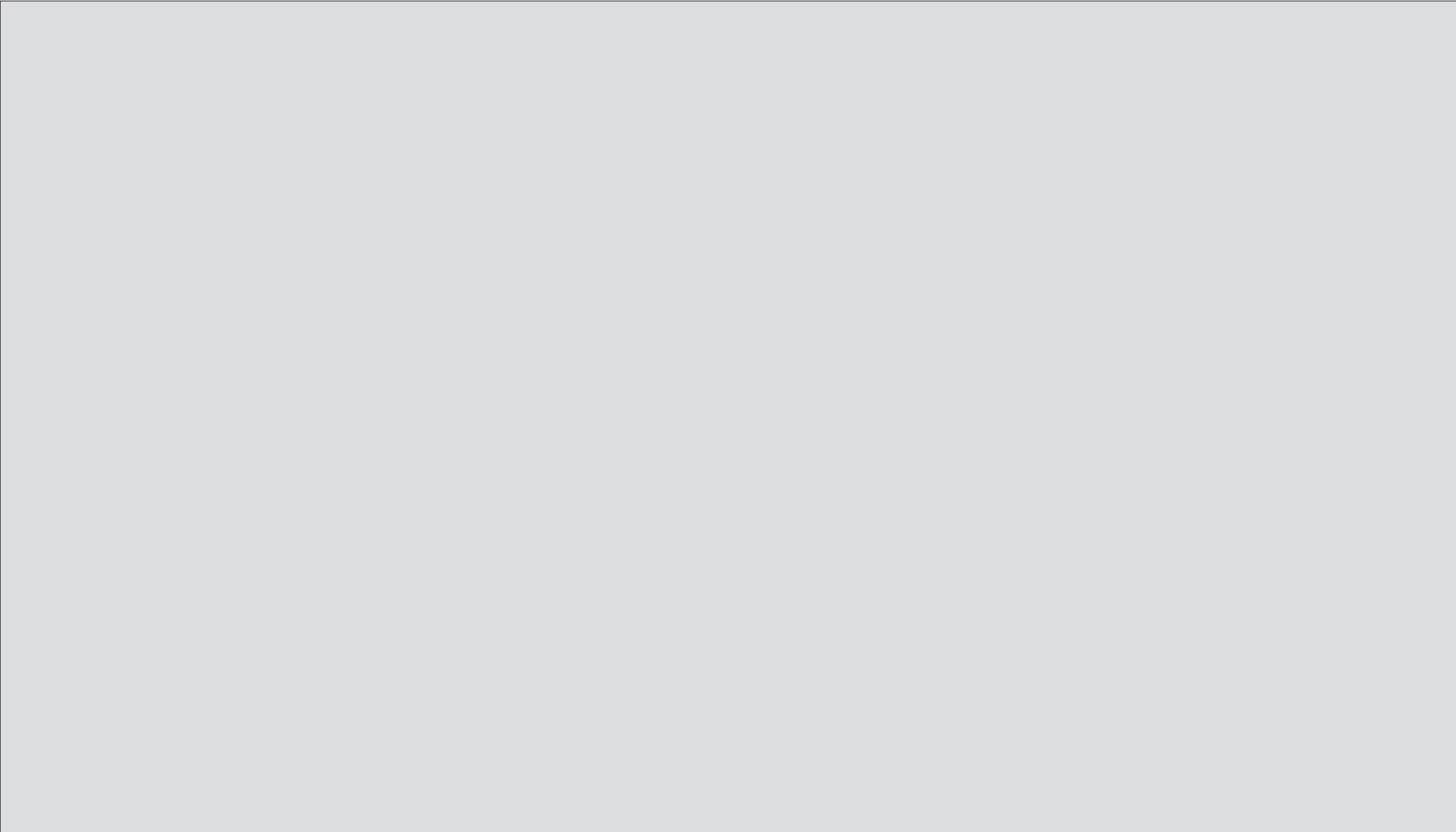
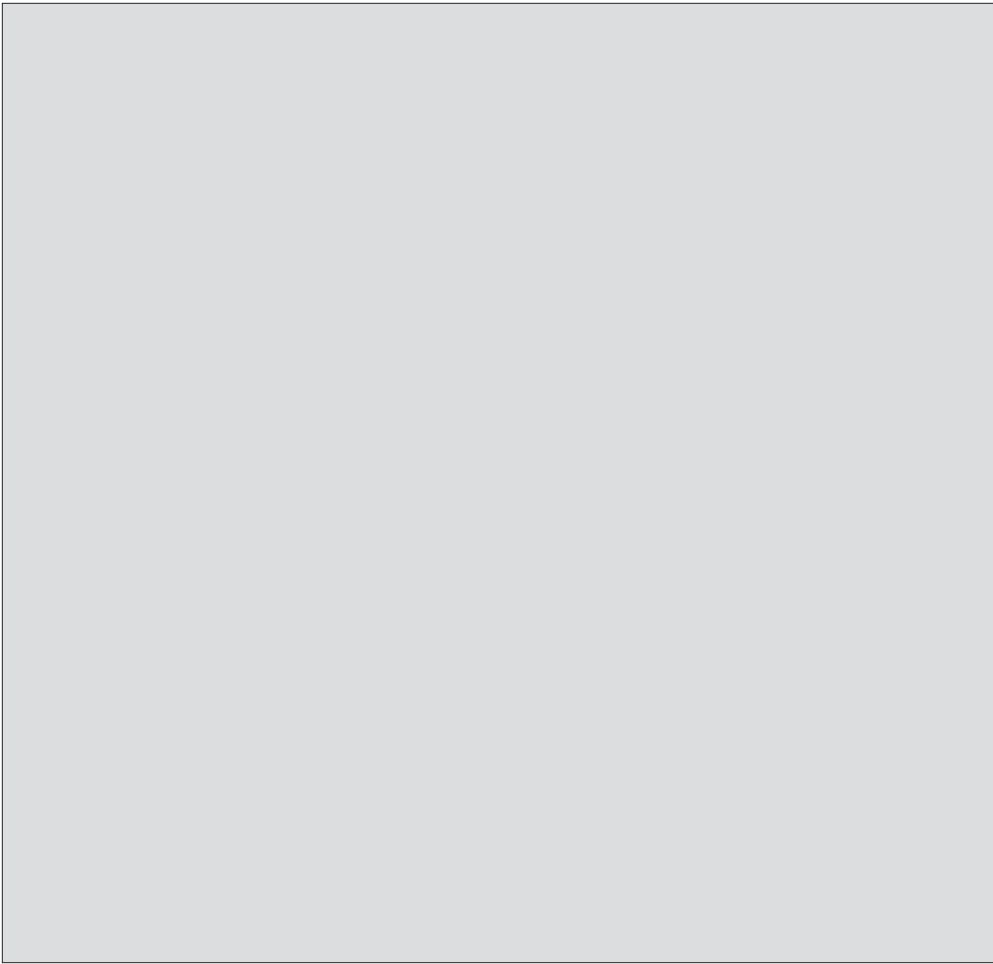
Air Force Personnel Center’s civilian benefits and entitlement service team.

Employees may continue to contribute to TSP based on the system they are currently under for 2005 - Civil Service Retirement System, 10 percent; Federal Employees’ Retirement System, 15 percent; or the military pay system, 10 percent.

The law eliminating TSP open seasons does not eliminate the waiting period that newly hired FERS employees or rehired FERS employees not previously eligible must serve before they can begin to receive agency contributions. Participants who make an in-service financial hardship withdrawal may not make TSP contribution elections for a six-month period following the withdrawal.

For information on TSP or enrollment in TSP, military members can visit www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.htm. For civilian TSP information, visit www.afpc.randolph.af.mil/dpc/BEST/menu.htm.

More information on TSP is also available at www.tsp.gov/.



MXG welcomes new commander

MASTER SGT. MARY McHALE
325th Fighter Wing Public Affairs

Command of the 325th Maintenance Group is in new hands after a change of command ceremony in Hangar 2 here June 30.

Brig. Gen. Jack Egginton, 325th Fighter Wing commander, presided over the ceremony, in which Col. Brett Haswell assumed command of the group from Col. James Van Antwerp, who is retiring.

“It’s been my great pleasure and honor to be associated with Team Tyndall,” said Colonel Van Antwerp. “I couldn’t have ended my career at a better place, and I wish everyone the best for the future.”

As commander of the maintenance group here, Colonel Haswell will be responsible for more than 1,000 maintenance personnel as-

signed to three squadrons and four aircraft maintenance units. Units assigned to the group include the 325th Maintenance Operations Squadron, 325th Maintenance Squadron, 325th Aircraft Maintenance Squadron and the 1st, 2nd, 43rd and 95th Aircraft Maintenance Units.

Colonel Haswell, who previously served as chief of the F/A-22 Maintenance and Logistics Branch, F/A-22 System Management Organization, Directorate of Requirements, Headquarters Air Combat Command, Langley AFB, Va., said he’s optimistic about the group’s future.

“I know I’m joining an excellent organization, and I am very pleased to have the honor of commanding such a fine group of Airmen,” the



Staff Sgt. Benjamin Rojek

Col. James Van Antwerp discusses 325th Maintenance Group issues with the group’s new commander, Col. Brett Haswell. Colonel Haswell assumed command during a ceremony June 30.

colonel said. “The maintenance group has accomplished many great things, and I want to keep their teamwork focus and positive momentum headed in the right direction.”

Taking care of finances while deployed can save money

SENIOR AIRMAN SHAUN EMERY
332nd Air Expeditionary Wing Public Affairs

BALAD AIR BASE, Iraq (AFPN) — While deployed, Airmen receive many entitlements. They receive combat zone tax exclusion, \$225 hostile fire pay per month, \$3.50 per diem and for those with families, \$250 family separation allowance per month. Airmen who live in dormitories at their home station also receive basic allowance for housing.

All totaled, these entitlements can add up to thousands of dollars over the span of a deployment rotation. Airmen with deployed finance offices help with financial questions, but every Airman is responsible for keeping up to date with their bills, said Maj. William McGraw, 332nd Air Expeditionary Wing finance chief.

“It’s important for every person to check

his or her leave and earnings statement each pay period,” Major McGraw said. “If there is a problem, the finance office will do everything it can to solve it, whether it’s calling a home station finance office or the member’s first sergeant.”

The ramifications of missing a mistake could become very serious if a deployed Airman is getting paid too much or not enough, Major McGraw said.

“If you’re getting too much in your check and finance finds the mistake, the money will be immediately taken out,” Major McGraw said. “On the flip side, if there is not as much money as someone planned, they may write a check and won’t have the

funds to cover it. If you have a wife and children at home, they may not have the money to buy groceries. If you start worrying about that, you won’t be able to focus on the mission at hand.”

Along with checking to make sure there are no mistakes in their military pay, deployed Airmen also have the opportunity to participate in the uniformed services savings deposit plan.

This plan allows Airmen to deposit up to \$10,000 and receive 10 percent annual interest on their investment. The money must be withdrawn 90 days after the end of their

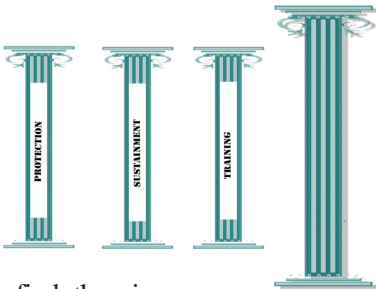
deployment. The finance office can assist Airmen with setting up an account.

“Most regular savings accounts offer interest rates of 1 to 2 percent,” Major McGraw said. “If you are keeping your money in a checking account, you’re not making anything.”

One way for Airmen to stay proactive in their finances is by filling out their accrual vouchers as soon as possible. Many Airmen use their government travel card to cover expenses entering the area of responsibility, and the accrual voucher will transfer the necessary funds to their travel card, Major McGraw said.

“The balance needs to be paid,” he said. “Even though (Airmen are) deployed, they’re still responsible for paying that bill. If a person goes four months and doesn’t pay it off, (he or she) could face serious repercussions.”

FORCE DEPLOYMENT



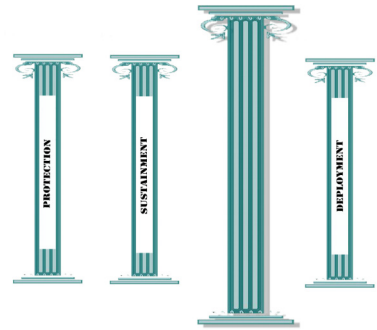
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Your
Future

**U.S. SAVINGS
BONDS**



**You Drink & Drive.
YOU LOSE**

FORCE TRAINING



Cleared hot for take-off:

B-course students finally apply training with first flight

STAFF SGT. BENJAMIN ROJEK
325th Fighter Wing Public Affairs

(Editor's note: This is the last in a six-part series covering the training B-course students go through to get in the air.)

It all pays off.

After almost two years of training and preparing, through academics, flight physicals, altitude chambers, egress, and simulators, B-course students here are finally able to begin the next phase of training: Flying the F-15 Eagle.

One B-course student here flew an Eagle for the first time June 27. With only six more months

to go as a B-course student, 23-year-old 2nd Lt. Nick Lofthouse was excited about finally getting in the air.

"I'm happy to finally get in the jet I'll be flying operationally," said Lieutenant Lofthouse. "I feel prepared."

Because this was his first time flying the Eagle, his instructor, Capt. Brian Biebel, 95th Fighter Squadron instructor pilot, said he wasn't expecting him prove anything.

"(Lieutenant Lofthouse) just has to apply his training," said Captain Biebel. "He'll take all his F-15-specific and how-to-fly training and put

them together today. A lot of this will refer to his training in the simulator."

"I started training two years ago," said Lieutenant Lofthouse. "There was a lot to learn, but they taught us with a building block approach. So, with good instructor pilots and those building blocks, all the training has been manageable."

The training a student pilot applies during a first flight includes everything from the preflight inspection to starting the plane to programming avionics, said Captain Biebel. Then, after the student's first take-off, the instructor gets them out into the airspace and allows the student to get a feel for the jet, seeing how it turns and maneuvers. They'll fly around the airfield for a while, getting in as many landings as possible.

"The first time flying is like the first time driving a car," said the captain. "There are very few unexpected mistakes."

"The students generally do well the first time," he continued. "Nervousness is the biggest factor. They could have done very well in the simulator, but when they get inside the real jet, they get brain freeze."

Luckily for Lieutenant Lofthouse, the airspace conditions during his first flight were good, with no clouds to contend with.

"He did very well during his first flight," said Captain Biebel. "His prior training showed."

"Between prior flight time in trainers and academic classes, I felt comfortable flying the jet," said Lieutenant Lofthouse. "It helped me to understand how and why the jet flies like it does."

But if he should ever get nervous or frustrated with the next six months of training, he can always remember why he is doing in the first place.

"I chose to fly the F-15 because of its strict air-to-air mission and 104-0 combat record," he said. "This is what I've always wanted to do."

Training Spotlight

What is the theme of your class patch?

"It revolves around the game of kickball. We started with the World Adult Kickball Association symbol and added Air Battle Manager-specific symbology."



2ND LT. DAVID CHAPMAN
325th Air Control Squadron
Air Battle Manager student



Staff Sgt. Benjamin Rojek

Second Lt. Nick Lofthouse, left, 95th Fighter Squadron B-course student, goes over a preflight inspection of an F-15 Eagle's landing gear with his instructor Capt. Brian Biebel. Lieutenant Lofthouse flew the Eagle for the first time June 27.

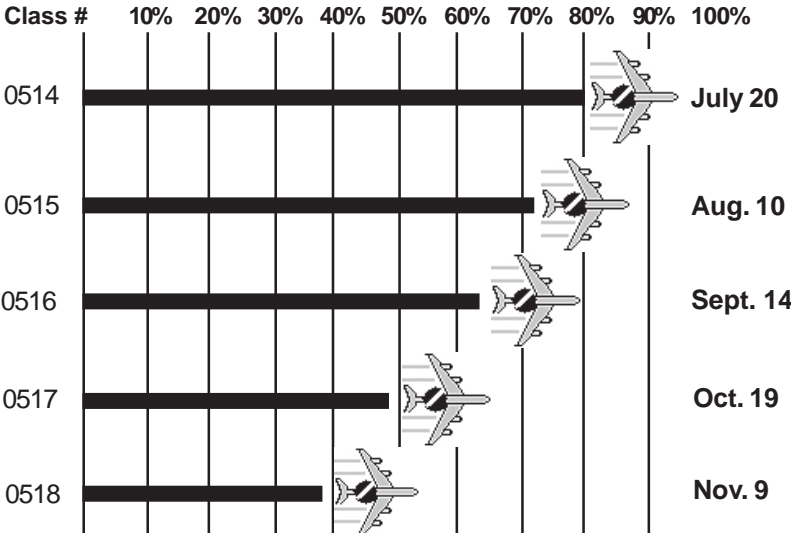


Airman 1st Class Sarah McDowell

Up and out

1st Lt. Brook Glass, 95th Fighter Squadron student pilot, and Maj. Brian Johnson, 95th FS instructor pilot step out of an F-15 Eagle after completing a low altitude step down training flight here Tuesday. Lieutenant Glass will graduate Thursday along with class 2005CBT.

Air Battle Manager student progress chart





Above: Jim Bellesbach, left, photo lab contract manager, hands visual equipment to Senior Master Sgt. Wil Black, 325th CS support flight chief. The base photo lab has projectors, screens and cameras available for loan for squadrons who need them for official use.
Below: Tech. Sgt. Major Johnson, Tyndall Command Post NCO in charge of training, takes notes during a video teleconference at the communications squadron building. Video teleconferencing can connect multiple rooms around the world for meetings and is available here.



The big picture

STORY AND PHOTOS BY
AIRMAN 1ST CLASS SARAH McDOWELL
325th Fighter Wing Public Affairs

In one millisecond they capture moments that people will cherish for a lifetime. They document Tyndall’s routine and dramatic moments – they are the base photographers.

“We record the good the bad and the ugly,” said Master Sgt. Thomas Bonifay, 325th Communications Squadron multimedia manager. “We document all calls as required such as exercises, accidents, fires and promotions – from grip and grin photos to suicides.”

While they are mostly seen by Tyndall members as photographers taking pictures at events such as ceremonies, there are also other dimensions to the base photo lab.

“People tend to say, ‘It looks like you have the best job in the Air Force - I bet you have a lot of fun,’” said Steve Wallace, base photographer. “And it is fun because I get to go out and see people and pieces of the base that all people don’t get to see.”

Seeing all these different pieces definitely gives the photographers the “big picture” of what Tyndall is all about.

Lisa Norman, who has been a base photographer for 12 years, has witnessed many things here.

“The most exciting experience I had on the job was when George Bush came in 1991 and I got to travel



Isaac Gibson, base photographer and graphic artist, takes a picture at the base photo lab. Airman Denna

ure: VI pieces it all together

around to all the stops and take pictures with the Associated Press,” she said. “I also enjoy taking pictures out on the flightline, and I always get a rush being around the jets because that is what we are all about here.”

She also talked about interesting photo shoots, such as traveling around base tours with distinguished visitors, such as the Chief of Staff of Malaysia, which she did recently.

However much fun the job is most of the time, Mrs. Norman said there are also some challenging aspects. “The hardest thing is when we get called for death cases,” she said. “We get called out to take pictures of accidents and autopsies - that is the most challenging part.”

All of the photographers must carry an alert pager in case the fire department, command post or security forces need them to come out and document an incident.

“I have taken pictures of incidents such as when a vehicle had gone off the road in the back woods here,” said Isaac Gibson, photographer and graphic artist. “It had been driven into a body of water. We have to take pictures of incidents like this partly for insurance purposes, and partly because the driver said something in the road made him run off.”

These pictures are sometimes used in investigations of incidents or given to the requesting agency for evidence; they are also archived at the photo lab, said Ser-

geant Bonifay.

On routine shoots, after the pictures are taken, the photographers usually head back to the lab to archive the photos, or use them in other products. Not only does the photo lab have their men and women out and about taking pictures, but behind the scenes there are graphic designers creating much of what people see around the base.

“On the graphics side of the house, we design posters, certificates, photo collages, and we write all images to compact disc,” said Jim Bellesbach, photo lab contract manager. “We also do design work for squadron coins and patches and make training aids.”

In addition, the multi-media lab has video teleconference capabilities.

“Our video-teleconference facility has the capability of conferencing between any Department of Defense facilities,” said Mr. Bellesbach, “It is not uncommon for us to communicate with places such as Pacific Air Force or Germany.”

The photo lab also has a do-it-yourself section complete with an archive of photos to take for official use and a loaner closet that has audio-visual equipment, cameras, projectors and screens available for sign out.

So, whether you are the do-it-yourself type, or you just want experienced people to provide professional imaging the base photo lab has every thing needed to capture what’s important to Tyndall..



Above: Steve Wallace, base photographer, precisely cuts prints of pictures taken earlier that day.

Below: Chris Dahmer, 325th Communications Squadron visual information specialist, laminates a poster board the graphics section created. The graphics section produces many products, from certificates to training aids.



Graphics specialist, adjusts Senior Airman Jessica Dennard’s uniform before taking a studio photo. Dennard is from the 83rd Fighter Weapons Squadron.



Checkertail Salute

Capt. Daphne Rakestraw



Airman 1st Class Sarah McDowell

Capt. Rakestraw receives the Checkertail Salute Warrior of the Week award from Brig. Gen. Jack Egginton, 325th Fighter Wing commander.

The Checkertail Clan salutes Captain Daphne Rakestraw, 325th Fighter Wing. As executive officer to the 325th FW commander, Captain Rakestraw reviews officer and enlisted performance reports, awards and decorations and staff packages, ensuring flawless correspondence is presented for the commander’s approval. Captain Rakestraw was also recently “by name” selected for reassignment for an Air Force chief of staff project at the Air Force Personnel Center.

Duty title: 325th Fighter Wing executive officer
Time on station: Two years eight months
Time in service: Eighteen years
Hometown: Cleveland, Ga.
Hobbies: Reading and shopping
Goals: Complete my military career and become a nurse.
Favorite movie: “Cold Mountain”
Favorite book: The Bible
Favorite thing about Tyndall: Warm climate and friendly people
Pet peeves: People who act as though they are doing you a favor when they are just doing their job
Proudest moment in the military: Becoming a second lieutenant

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall’s Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

Spearfishing tourney mixes hunting and diving

AIRMAN 1ST CLASS SARAH McDOWELL
325th Fighter Wing Public Affairs

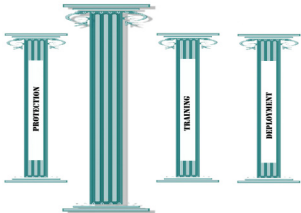
Tyndall members will get a chance to mix two sports together July 15-17 at the 35th Annual Panama City Spearfishing Tournament hosted by the Tyndall Marina.

Men and women who are open water scuba diver certified will be able to take their fisherman skills to a new level as they get to join the fish they are hunting in their unique underwater environment.

Of the 100 people projected to attend and participate this year, some may go to enjoy the fish fry and festivities, but many go for the challenge.

“One of the most challenging aspects

FORCE SUSTAINMENT



is getting in close enough to get a kill shot,” said Kurt Bergman, Air Force Civil Engineer Support Agency contractor. “If you don’t get a kill on the first shot, you have a fish in its own environment swimming around on your spear and you have to figure out how to capture him.”

A little bit of advice?

“Don’t scare the fish away,” said Tech. Sgt. Lee Weinberg, 325th Maintenance Group weapons standardization load crew member. “It is hunting; you have to be able to get close enough without upsetting the fish.”

These techniques proved to be successful for spear-fisherman as last the winning fish was a 50 pound barracuda. The competitions are labeled as Largest Tournament Fish, Species of Fish Category, Slot Fish Category and Tournament Champion Award.

Spearing a fish isn’t all the competition has to offer. There is also the Photography Category for the best picture taken during the competition, and the

Shell Category for the best shell found during the competition.

“We welcome everyone out, even people who haven’t dived before,” Mr. Bergman said. “We have everything from beginners to seasoned experts who have dived all over the world.”

This year, the tournament registration will be Thursday, where there will also be a safety meeting at the Beacon Beach Marina. The registration fee is \$35 and includes the tournament as well as the fish fry and prize giveaway held July 17.

For those who are interested in the sport, the Tyndall Dive Club has plenty of opportunities to go out on dives, such as the spearfishing tournament dive and many other types of leisure dives. To join the club, all one has to do is get open water certified at any local dive shop. Most places have rental equipment available.

Dive Club members are also afforded other benefits, such as access to the marina’s dive locker and air tanks to refill, as well as a chance to meet diverse group of men and women who love to dive.

● **FROM SPIRIT PAGE 3** strength is what drives us to make sacrifices for others, for our nation, and for the greater good. For some, a commitment to a specific religious faith is a source for that spiritual strength, but not for all. For some, it is their heritage and the experience of a community of people within our human family. For others, it is the way they were touched as individuals by a family member, teacher, or leader’s work of faith or charity. As we stress our Core Value of Service Before Self, we see spiritual strength as its foundation, whether or not an individual sees himself or herself as religious.

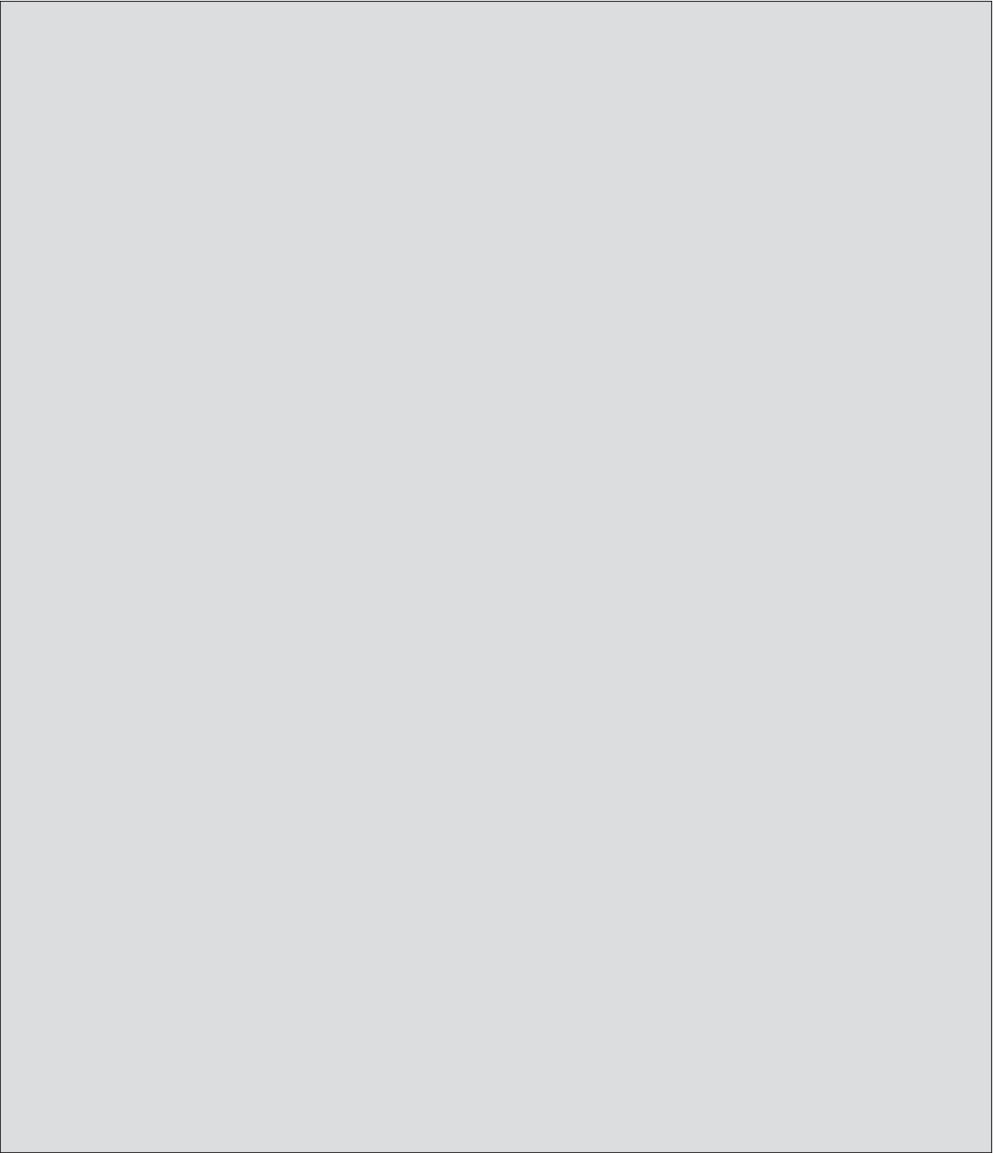
Faith and religious freedom were fundamental to the founding of this nation. Chaplains are part of our profession of arms and have a unique charter: to

minister to those who share their specific faith, to facilitate ministry to those of other faiths, and to care for all – including those whose spiritual strength does not come from religious belief. Our chaplains should set the example for mutual respect among different faiths and beliefs. Service Before Self.

There will be more specific guidance about expressions of personal religious beliefs. This guidance will emphasize mutual respect and the wingman culture fundamental to all Airmen. The expression of personal preferences to subordinates, especially in a professional setting or at mandatory events, is inappropriate. More importantly, we should always be guided by our Core Values. That’s what makes us the superb Airmen that we are.

The Gulf Defender is published for people like Airman 1st Class Nathan Fink, 325th Security Forces Squadron sentry.





● **FROM RELAX PAGE 3**
be Wingman to all other Air-
men.
But if there doesn't happen
to be a Wingman close by,
there are numerous programs
available to active duty and de-
pendents alike if they feel
they've reached the end of
their rope.
Some of these programs in-
clude stress, anger, depression
and anxiety management
classes that are run by the Life
Skills Support Center. Life
Skills also conducts a suicide
and violence prevention pro-
gram, and works closely with
first sergeants and command-
ers to brief them on what's
available to their troops.
The Air Force also encour-
ages Airmen to visit a chap-

lain if they need spiritual or
mental guidance on an issue
that's troubling them. Chap-
lains provide a completely
confidential counseling envi-
ronment, and they are always
a strong (and trained) shoul-
der to lean on in a time of
need.
There's no doubt the Air
Force has a lot to offer to help
people deal with stress, places
like the fitness center, the com-
munity center, the skills devel-
opment center, the base pool,
and so many other recre-
ational areas.
But there are so many other
things and activities on the
'outside world' to get involved
in as stress relievers. We live
in one of the best recreational
areas in America – people

from all around the country
(and countless international
visitors as well) come to the
Emerald Coast of Florida to
enjoy its beauty, scenery and
attractions. Do you fish?
We've got it. Do you snorkel
or scuba dive? We've got
that, too. Do you enjoy the
arts or wineries or gardening
or antiquing? Florida's Pan-
handle has all of that, plus so
much more. But no matter
where you live, take advan-
tage of wherever you happen
to be to get out and partici-
pate. Letting off steam do-
ing something you enjoy is the
best therapy there is.
Gotta go fire up the HOG
now ... all this writing has
stressed me out! Be safe out
there.

